



## CRAMPONNAGE – CRAMPON HIKE

Walking as a rope team with crampons, venturing into evocative winter landscapes, going through gorges among rocks, frozen streams and brooks, sometimes close to actual icefalls where it will be possible to climb some short steps. Cramponnage, an easy first introduction to winter mountaineering.

### Program:

- Equipment check and itinerary presentation
- Hike. The itinerary will be decided by the Mountain Guide according to snow and ice conditions
- Lunch or snack in typical bars of the area

### Notes:

- It is possible to organize the activity in the morning or in the afternoon
- Upon request it will also be possible to reach more demanding destinations, through a mountaineering type of activity, such as mountain huts or some suitable peaks.

### Equipment:

- Mountain shoes
- Warm winter clothes (jacket, gloves, hat, ...)
- Crampons, harness and trekking poles (rental possible in some specialized shops in Cogne)
- Small backpack with a hot beverage and some snacks (chocolate, energy bars, ...)

### Duration:

3 hours

### Number of participants:

Maximum 5

### Meeting point:

To be set with the Guide

### Difficulties:

None, the activity is designed for beginners

**Fees:**

- 1 person: €230
- 2 people: €115/each
- 3 people: €80/each
- 4 people: €60/each
- 5 people: €50/each

**Included:**

- Mountain Guide fee
- Technical equipment rental

**Not included:**

- Transfer to the meeting point
- Anything not mentioned in the section "Included"
- Lunch or snacks

**Insurance:**

It is possible and advisable to subscribe the rescue service insurance policy for mountain guides clients  
<https://www.larcasrl.it/page.asp?ID=45>